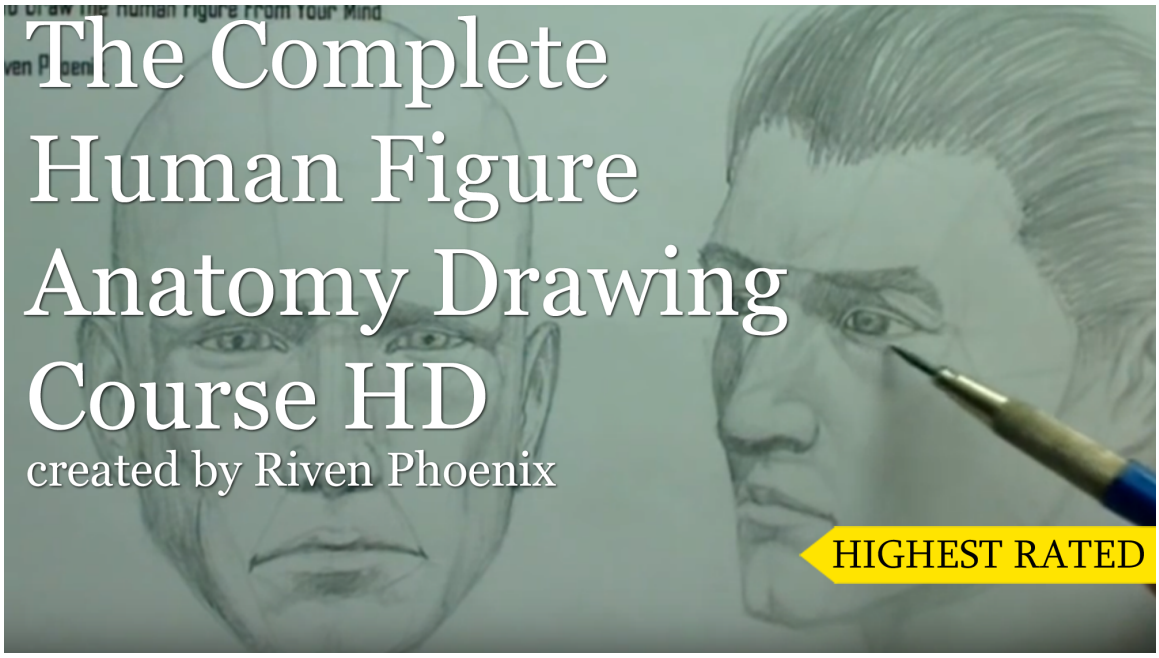

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

www.alienthink.com

Figure Drawing Lesson 170 - The Muscles of the Pelvis & Leg - Part 4

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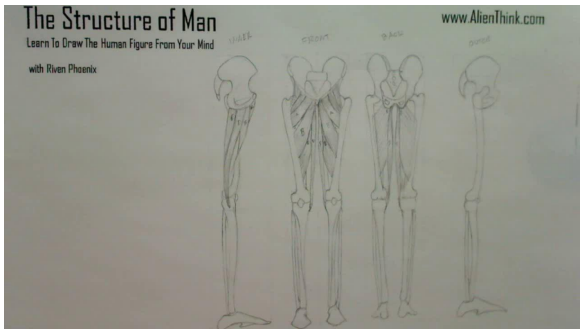
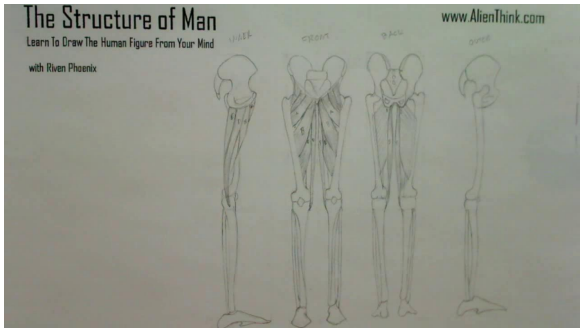
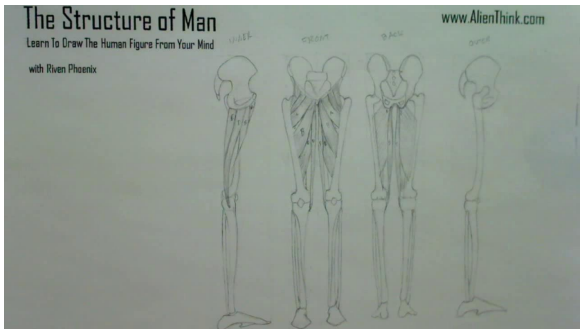
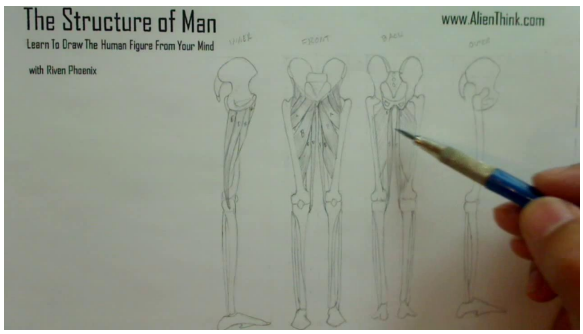
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw the human
2		figure from your mind training course.
3		Okay so in the previous lesson we had now begin to understand really what's going on behind
4		the figure with these muscles and then now we're beginning to understand some of the most

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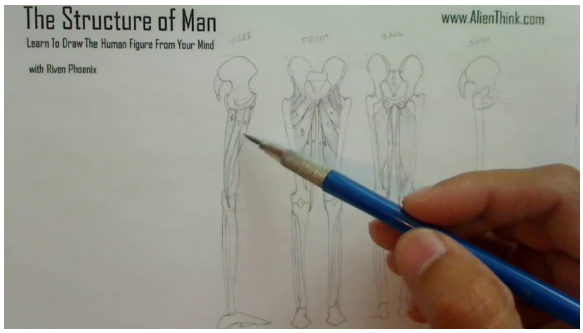
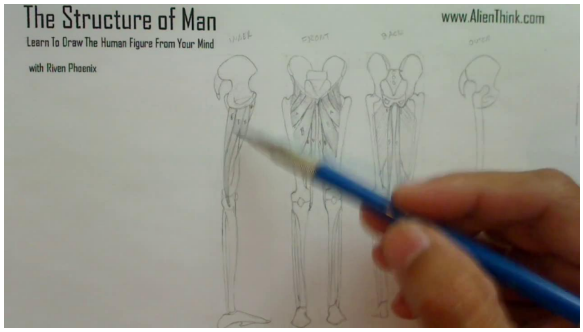
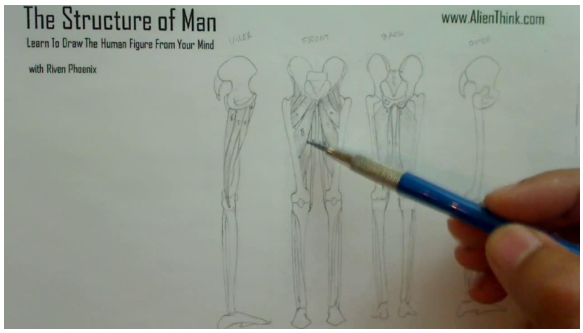
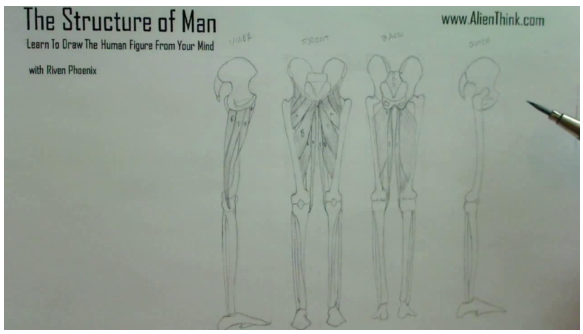
5		intricate relationships that we need to make sure that we get.
6		Now all of the stuff is going to become very easy when we draw out the examples, right?
7		So we just need to make sure that we are making sure the mind is understanding what is going
8		on with the inner workings of the leg muscles.

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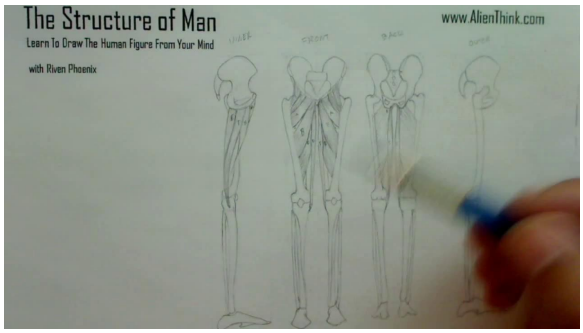
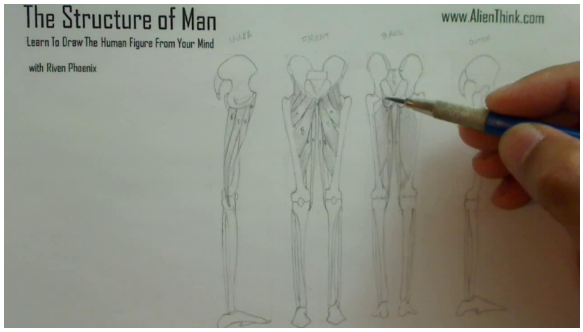
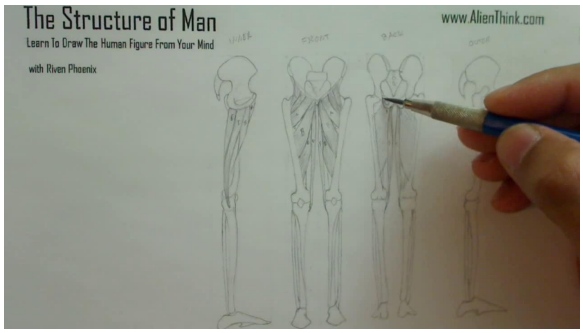
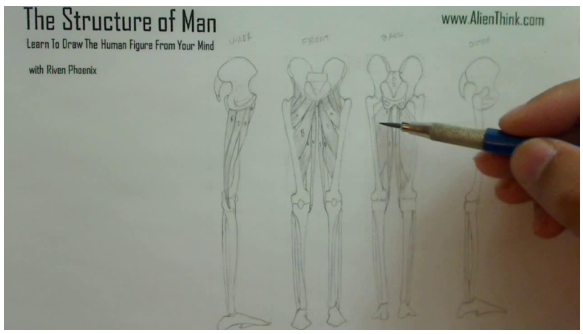
9		So what we're going to do now is begin to understand the next muscle and this muscle is basically
10		going to be connecting from this point right over here, right?
11		So these muscles sit basically just understand this sit right over here and these are going
12		to be these two main muscles.

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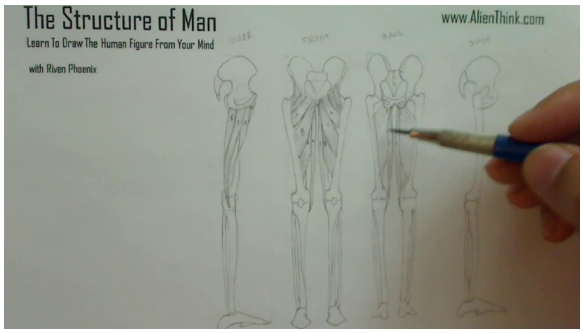
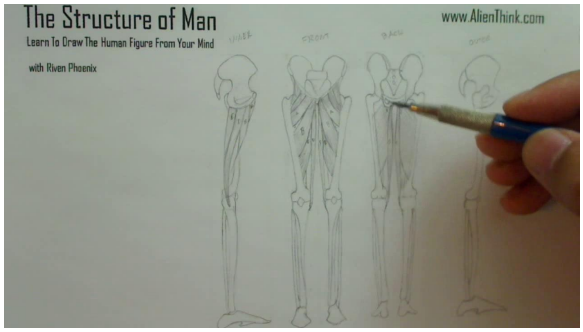
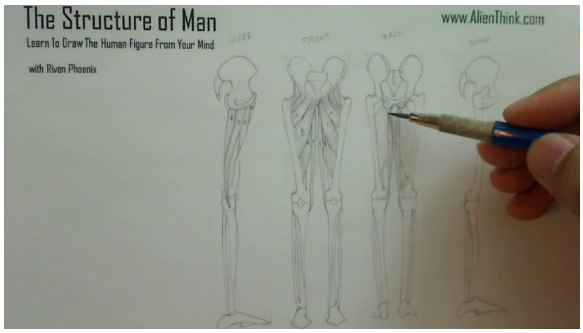
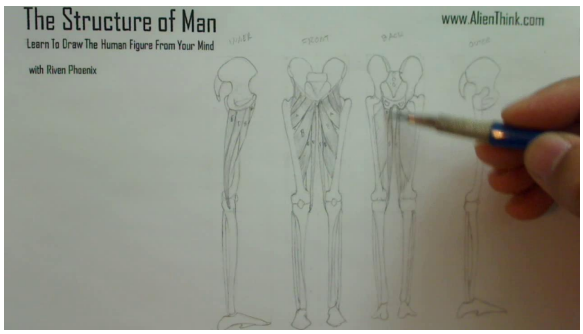
13		So one of them is really considered the bicep of the back of the leg.
14		So to understand this muscle we actually first have to draw them out and this is where
15		you're going to see why E peaks out.
16		So what happens is that when we draw this guy out, see I'm going to draw this out first

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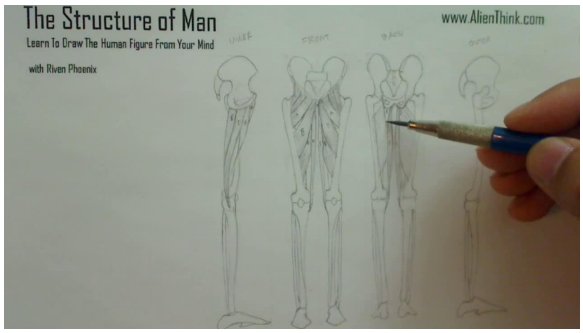
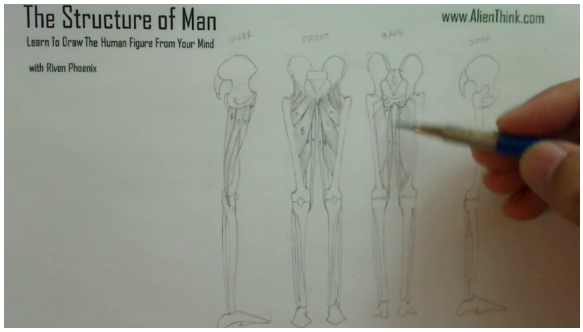
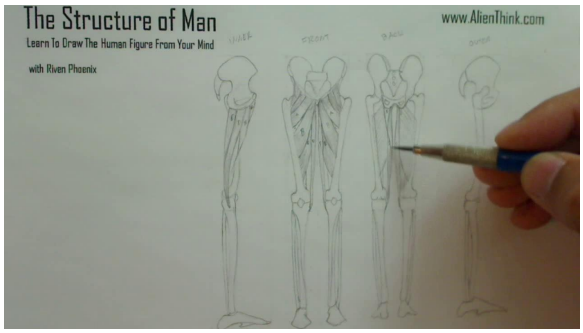
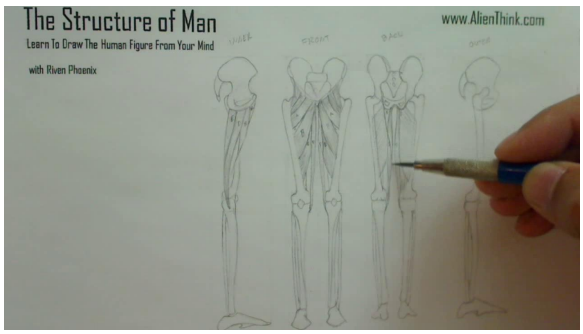
17		slowly.
18		So what's going to happen is that this guy is going to basically balloon out like this
19		over here, right?
20		He's going to start to balloon out and then when he goes here, he actually becomes another

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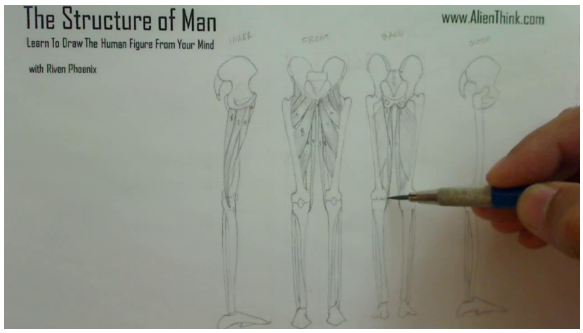
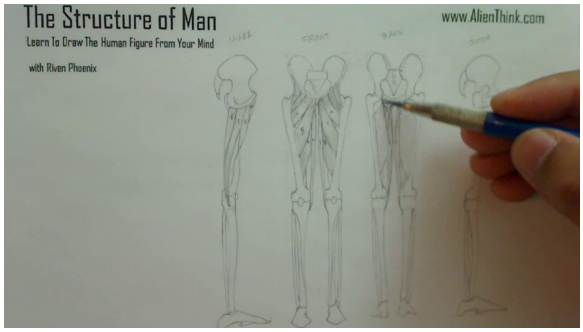
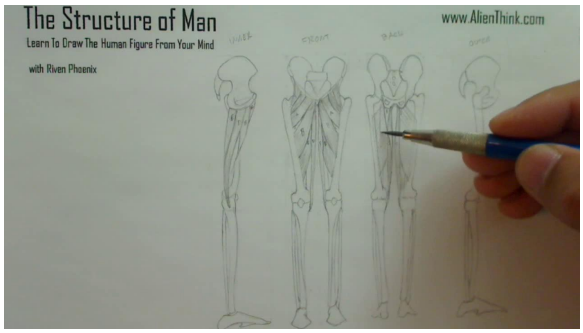
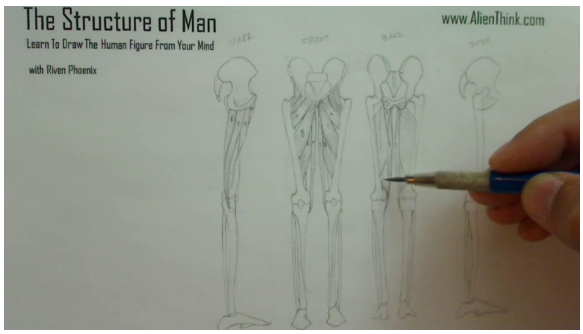
21		wire system that will end up over here, right?
22		So when he comes from here, he's just going to come down like this right in the middle
23		over here and where this area is, what you should understand is that this wire system
24		is basically just going to be like this over here, right?

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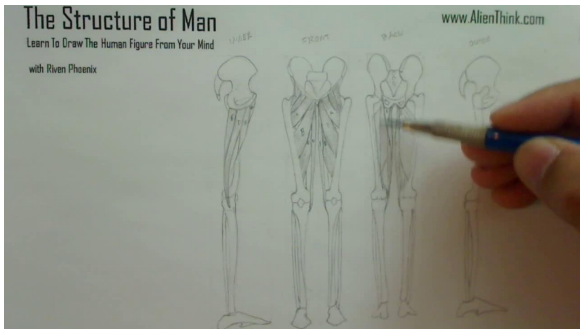
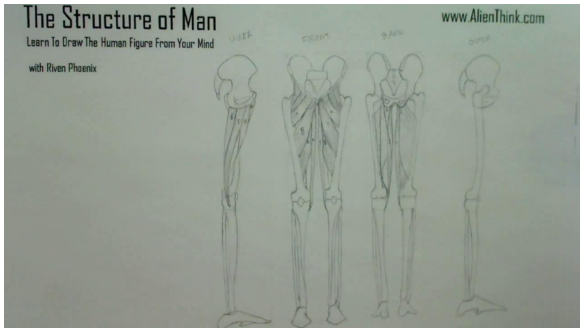
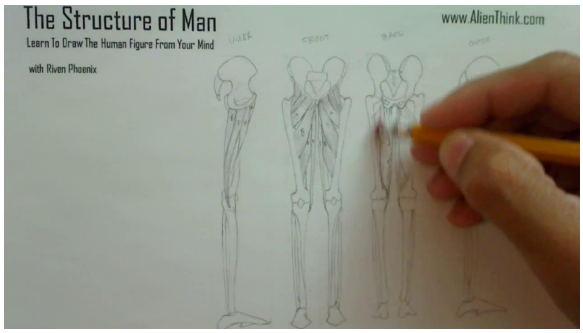
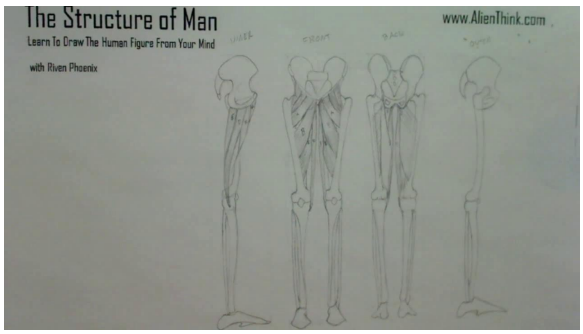
25		So he's coming out like this, he's going to go like this, okay.
26		Now something that we should know about this area, first I'm going to erase some of these
27		lines because this is going to be an important area to understand about the back of the leg.
28		Okay, so I'm going to move the deal over here, okay, because it came in the middle.

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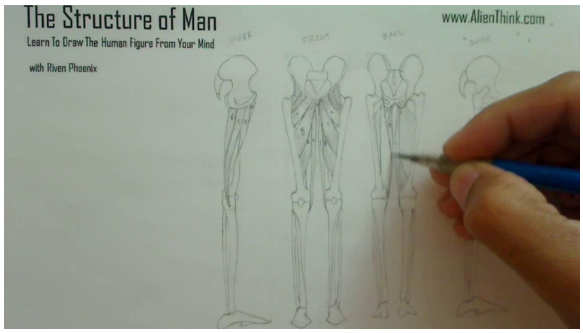
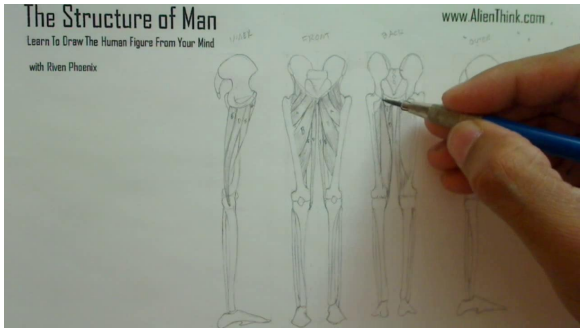
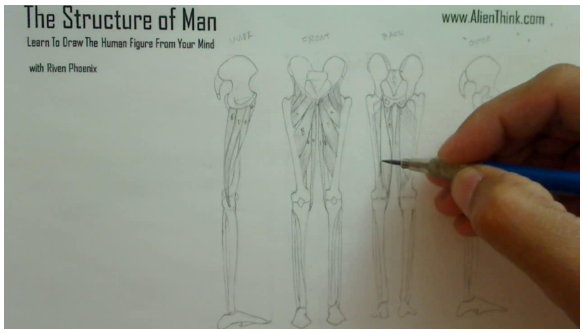
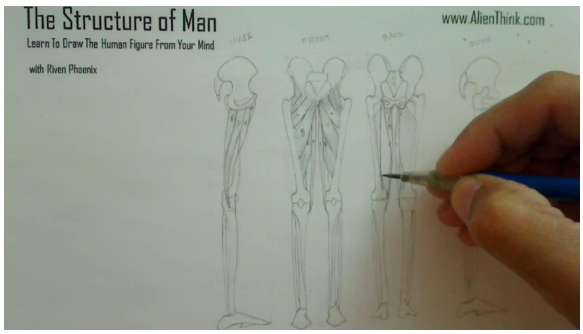
29		So this muscle that we're drawing, we're going to call this guy muscle F, right?
30		So what happens is that this muscle, he's going to have a buddy with him next to him,
31		which is the only bicep, right?
32		So when this guy comes out over here, right, he's actually going to split into over here

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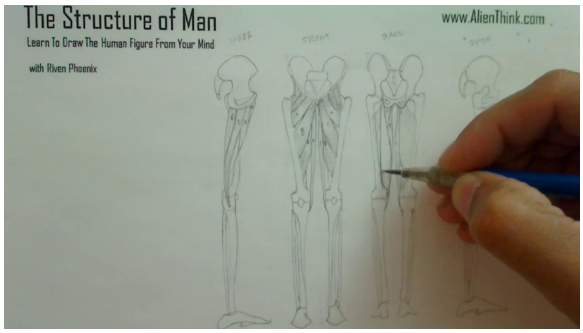
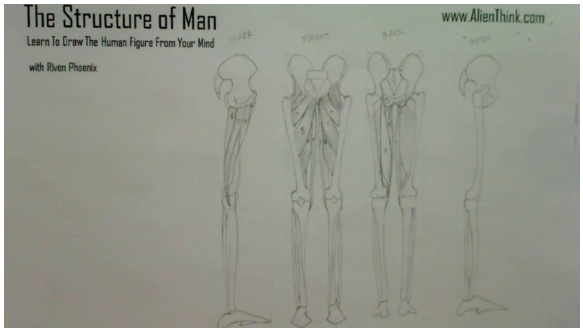
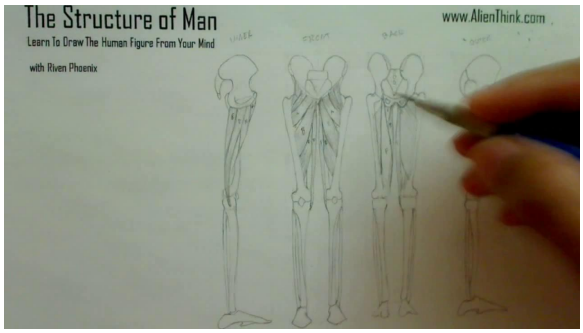
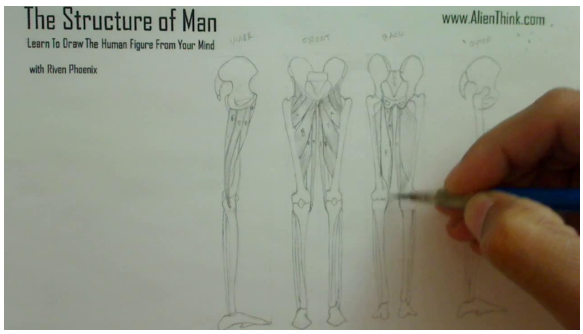
33		and he's going to go like this and this guy, the word sing is muscle F, okay?
34		I'm going to erase this part over here just to show you what's going on over here, right?
35		So when he comes down over here, see, he goes like this and then he becomes another wire.
36		So basically what I'm showing you is that this is why you're going to start to get this

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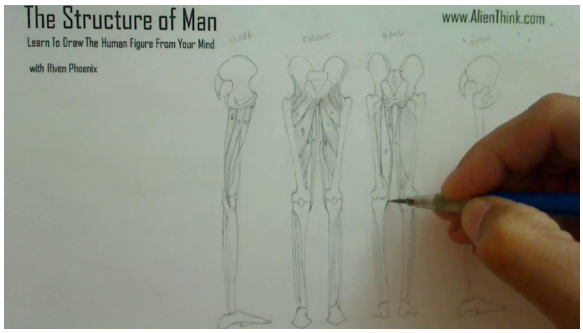
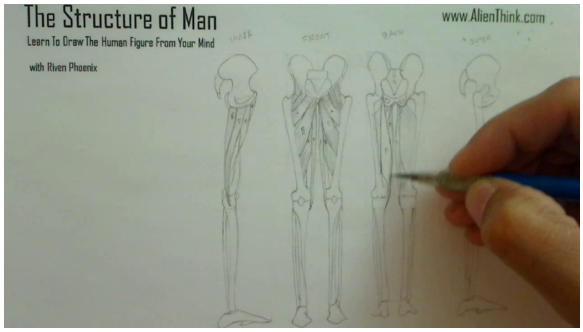
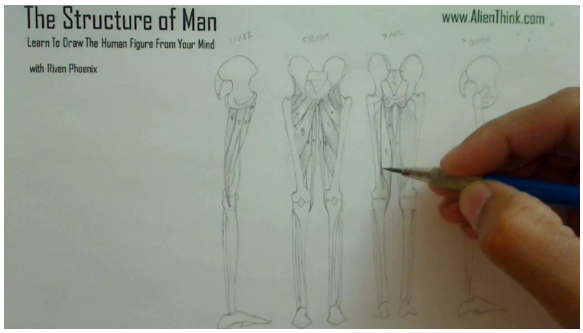
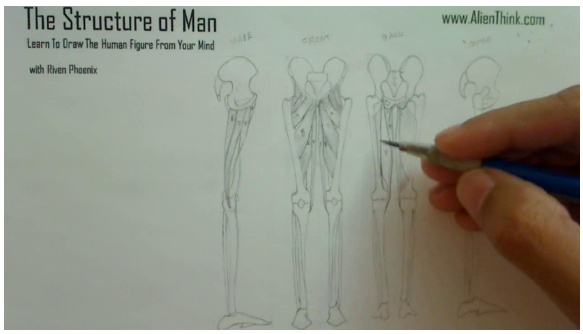
37		feature on the leg is that it starts to bulge up over here.
38		So now we got F and D are the two wire systems that will collide together over here in a bit.
39		So what happens is that when he curves like this, this guy here is another muscle, okay,
40		and he is called muscle G.

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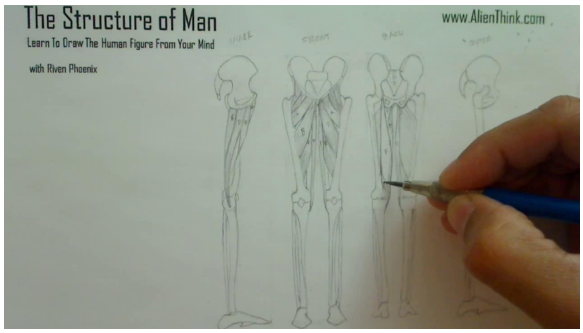
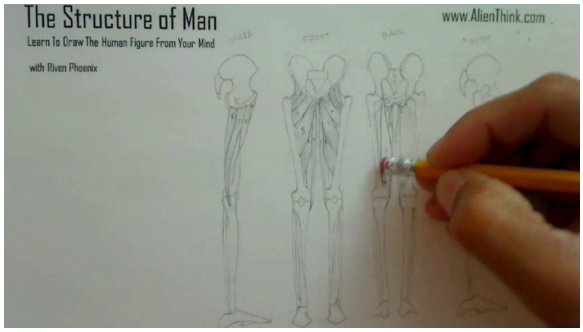
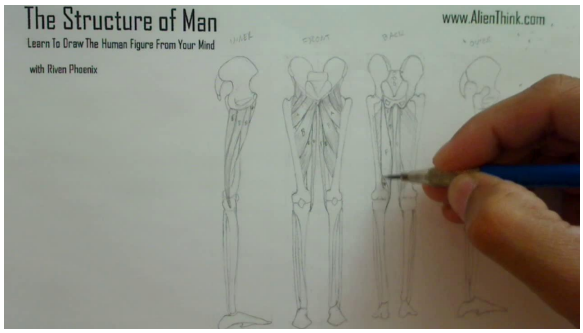
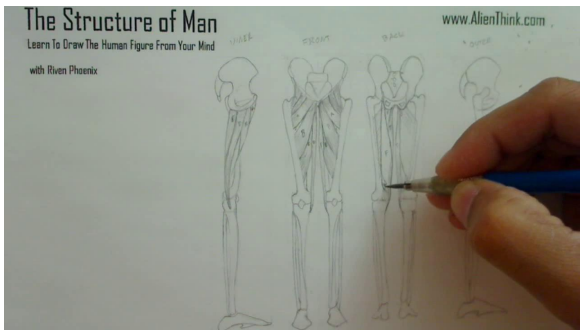
41		So what happens with muscle G is that he was here first and he came in second, okay?
42		And this area of the back of the leg is going to make an impact also in surface,
43		not a me because you're going to see this on everyone.
44		You're going to see muscle G and F. That's what's going on.

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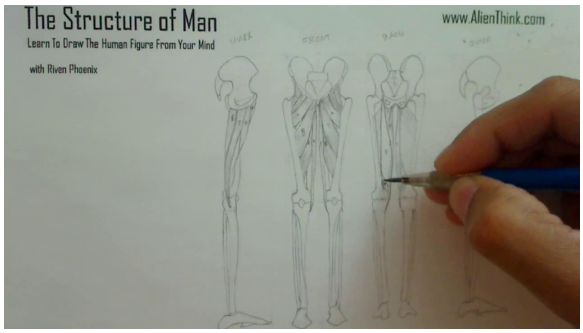
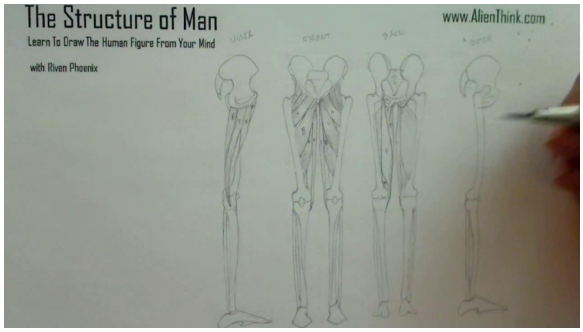
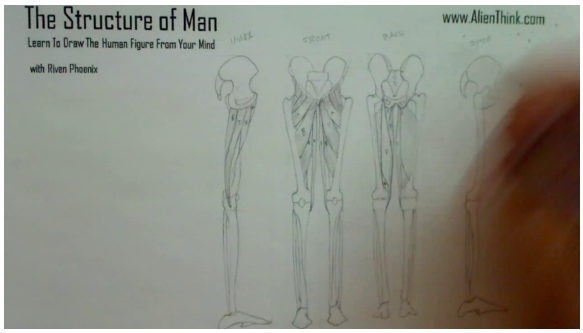
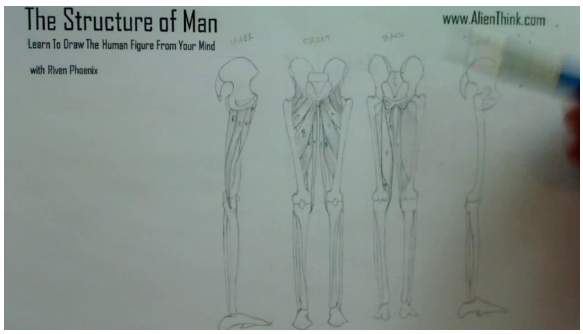
45		So just know that G is basically connecting to the same place and then muscle F will
46		come in the way.
47		Okay, so now we need to understand, okay, well, what happens to this stuff on the side
48		over here, right?

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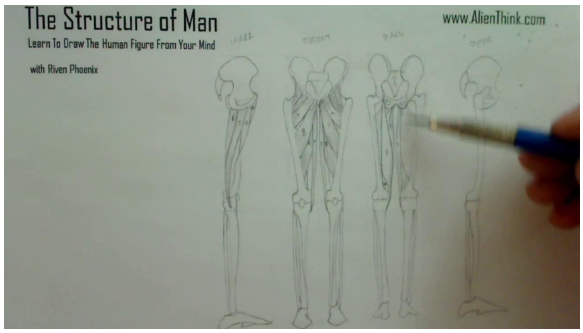
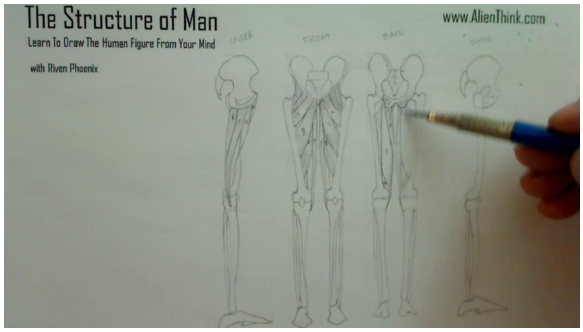
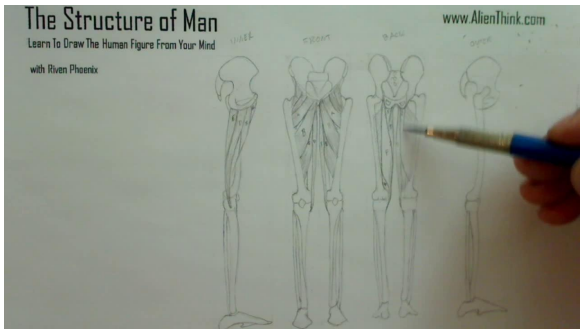
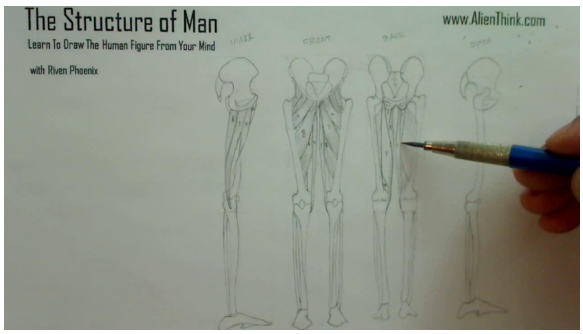
49		So before we do that, we got to connect this and just make sure that we understand this
50		drawing it out from both sides.
51		So we know that, okay, when I draw this out, I know I'm going to expose E a little bit
52		and it's this guy is just going to come all the way like this because he's kind of big

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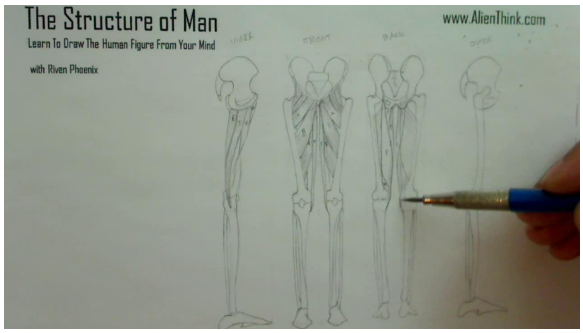
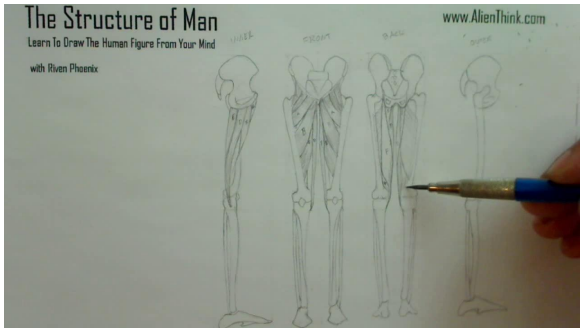
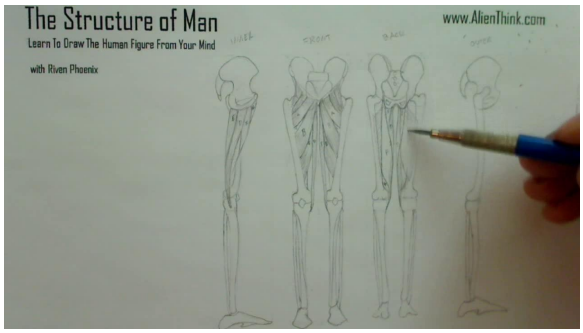
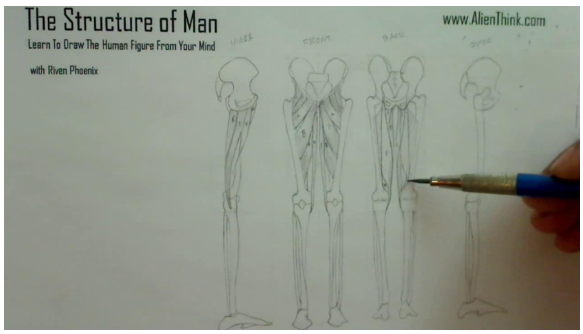
53		and he's going to connect to the side over here of the leg with a wire system and then
54		where this, the femur is, he's going to go like this over here and then he's just going
55		to come down like this over here, okay?
56		Just like this, it's going to be like this.

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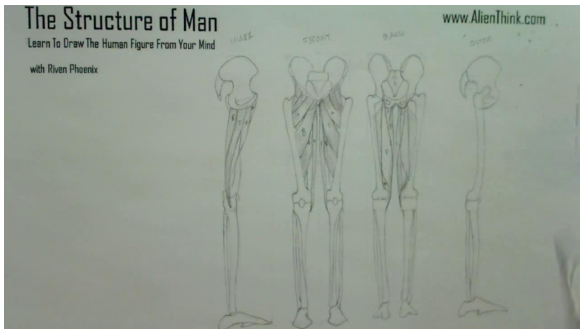
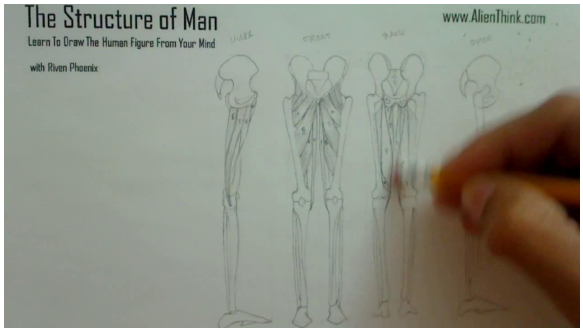
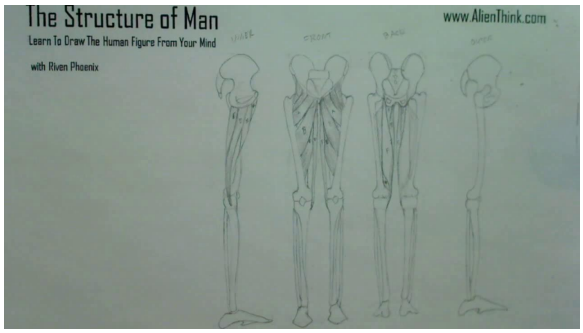
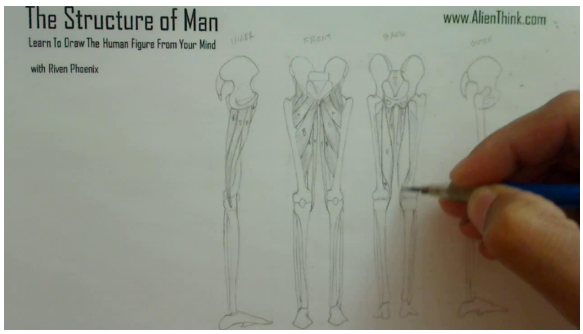
57		So we're going to erase this first because we know that he's going to split now, right?
58		He's going to split into two, right?
59		Okay, so when he comes down over here, okay, just about here, he's going to now split into
60		and he's going to go over here and into a wire system that's just going to rest over

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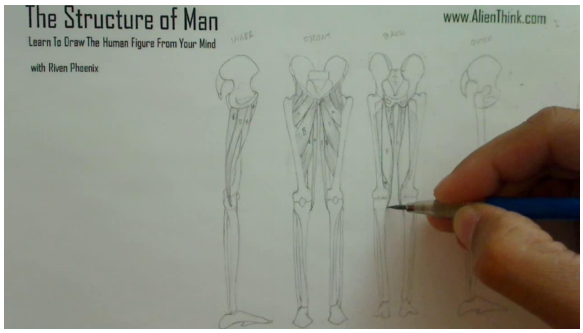
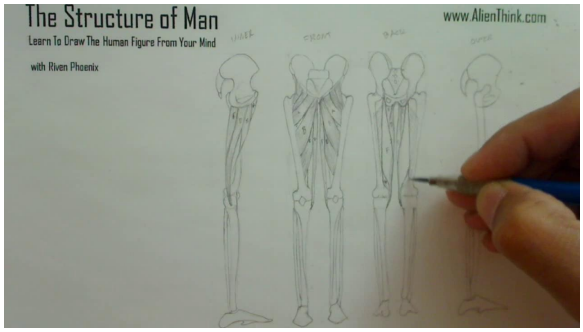
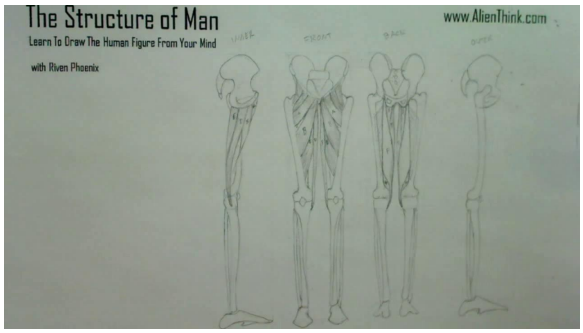
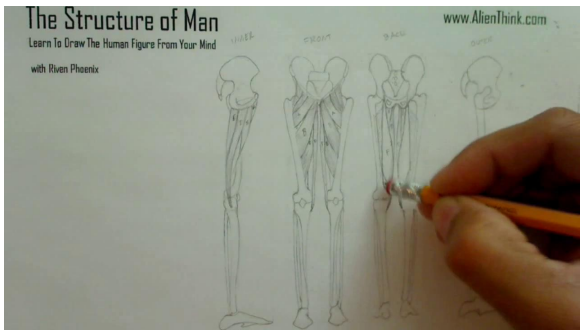
61		here on the bottom, on here on the tibia.
62		So he'll get this second muscle, which is we're calling muscle G over here, okay?
63		So I'm going to erase a little more here because I just want to make sure that this area
64		is just kept a little clean over here because the lead, this is just detailed work here

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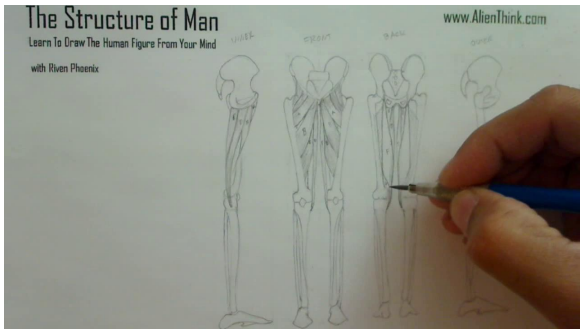
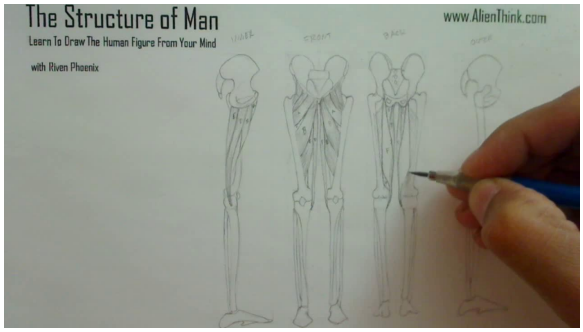
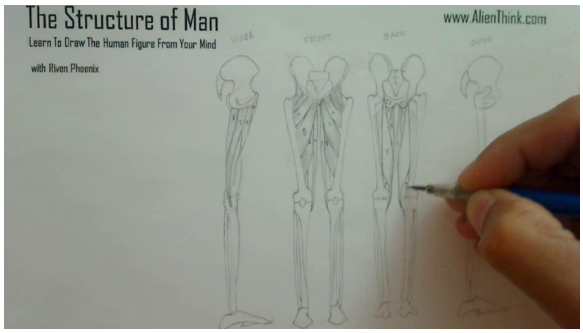
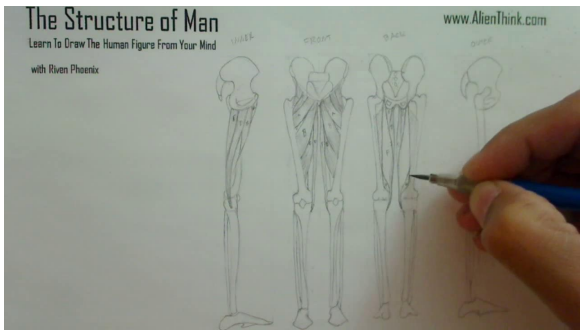
65		so I have to do this, okay?
66		So this is just going to come like this, I'm going to get G over here and then he is
67		going to go like this, right?
68		So you're going to see G on everyone, so you're going to see F and G in the back over

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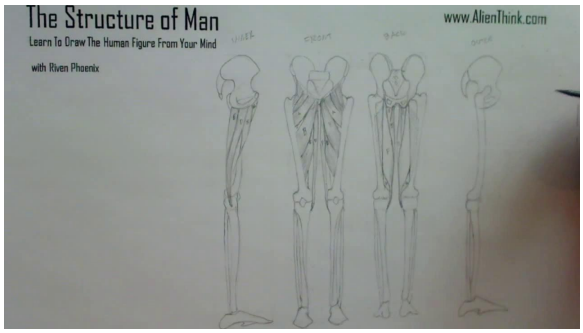
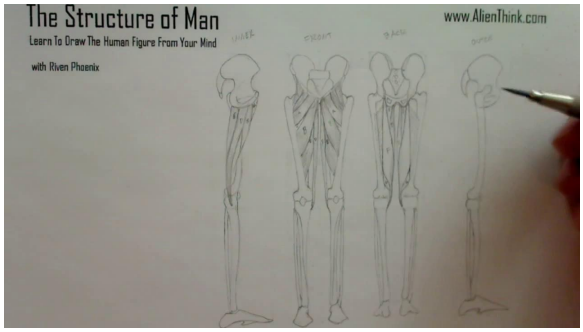
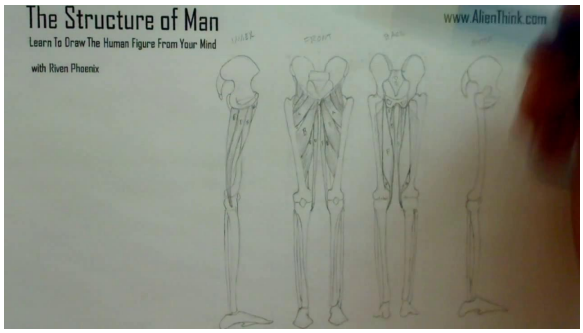
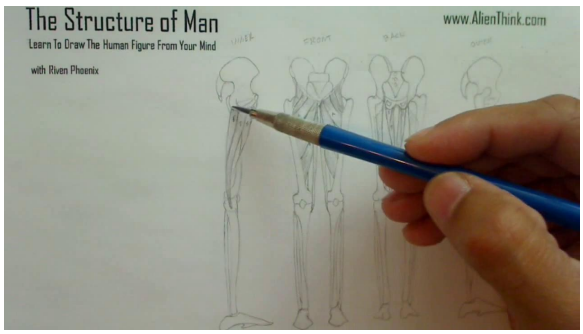
69		here.
70		Okay, so let's understand what's going on in the back then.
71		Well, we already said that it's going to connect right over here, right?
72		So you know that it's going to be connecting over here.

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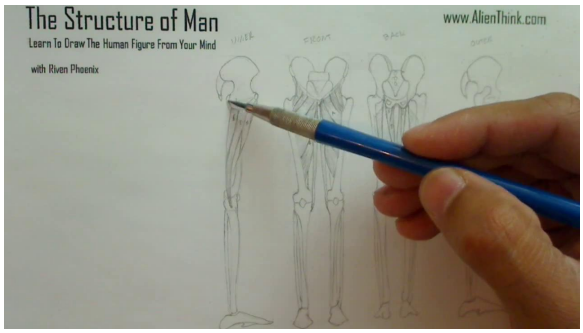
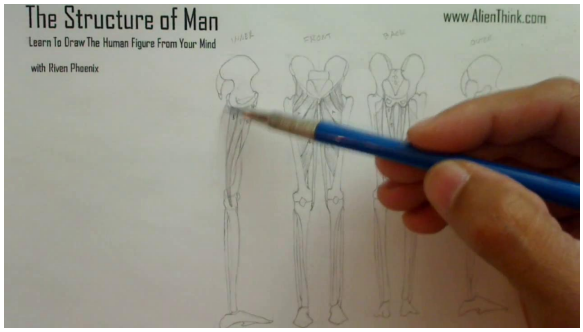
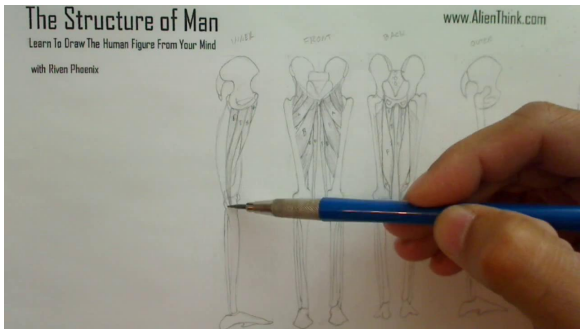
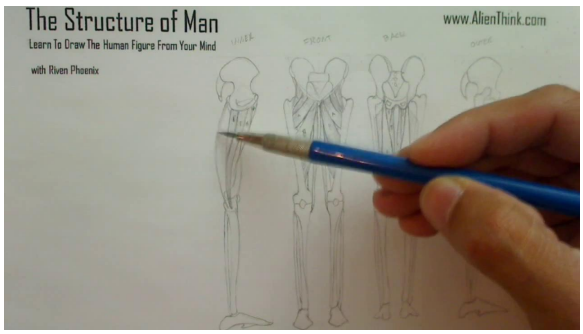
73		So you know that, okay, well, what you're saying is that this is the last muscle, right?
74		So it means that if this is going to define really the leg over here.
75		So this muscle is just basically going to be like this over here, he's connecting
76		from here and this is now going to be to understand how the back of your leg is

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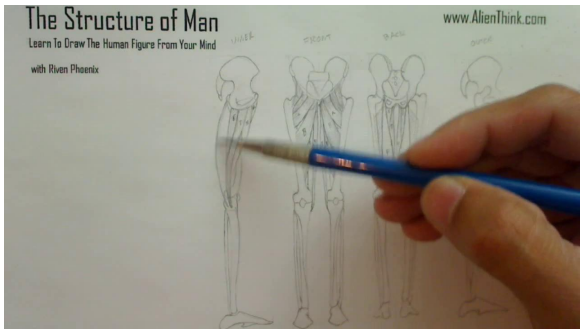
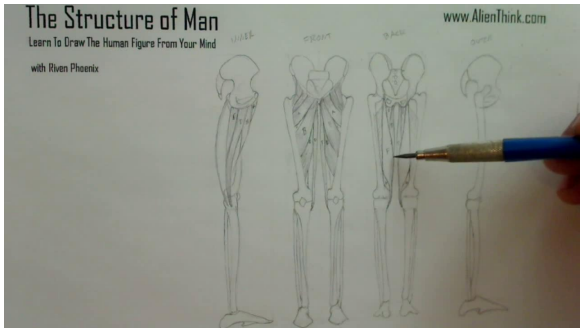
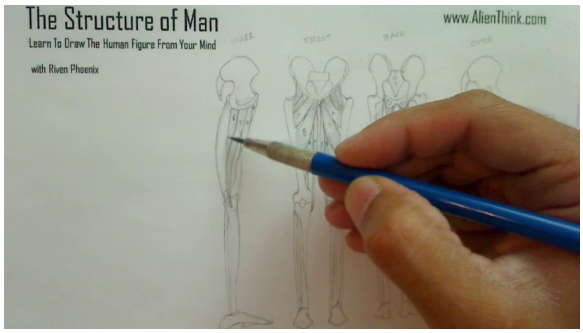
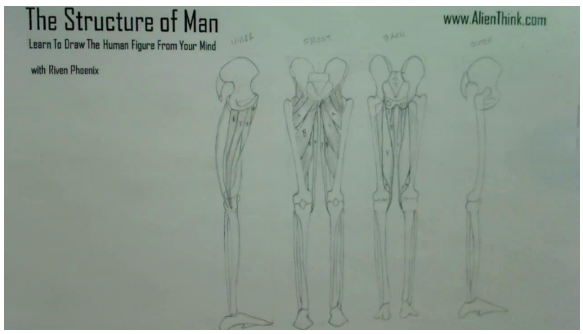
77		created because of this muscle, look where he is, he's in the inner, we're talking about
78		the inner muscle here, so this is the back of the leg of the inner muscle, so what happens
79		here is that when he's going over here, he's going to expose G on this side, right?
80		So now I'm going to raise some of these lines here and we're going to clean up this area

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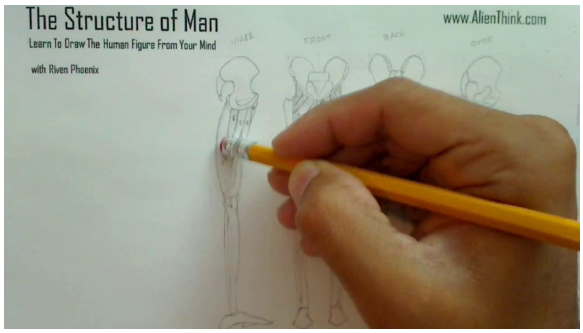
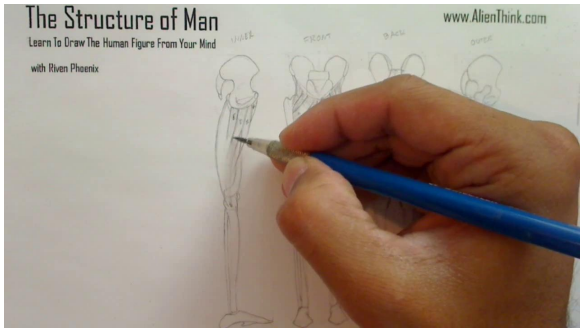
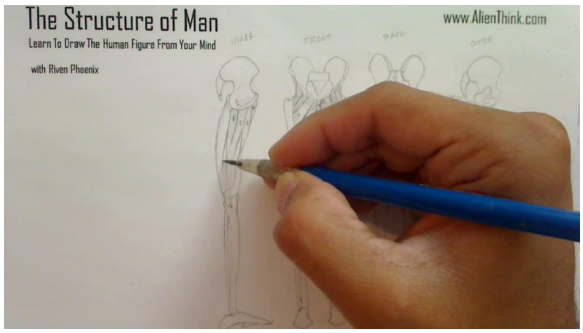
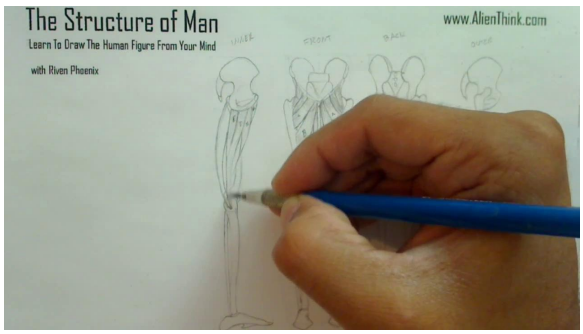
81		so we can make sure we understand the relationships to what's going on with these muscles.
82		So here I'm going to get this line over here, then he is going to, because he's sitting
83		on top of another muscle and his attention is going to come here, right?
84		So this is going to go here.

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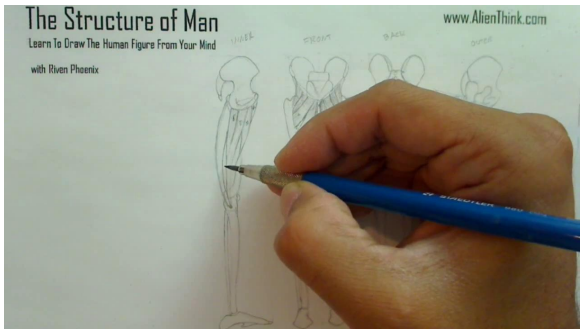
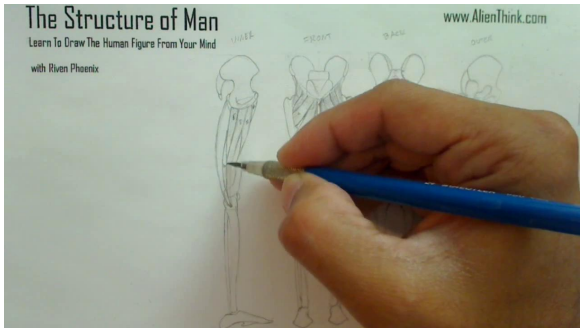
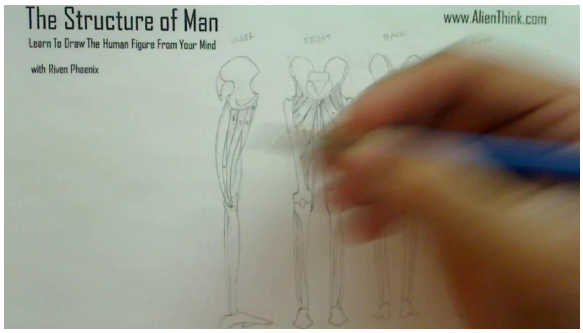
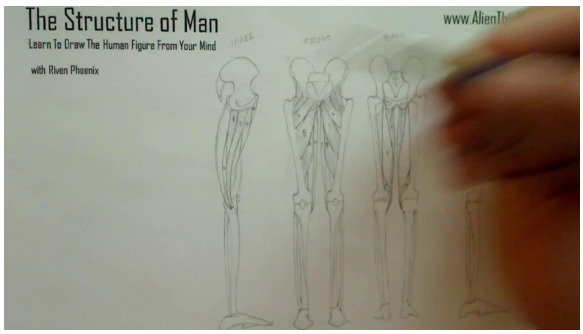
85		So over here, we're going to say that he exposes himself over here and then over here we're
86		going to get D again and then D again when he comes over here, he is the second guy,
87		right?
88		So you know that okay, well muscle F and D are the two main muscles that turn into these

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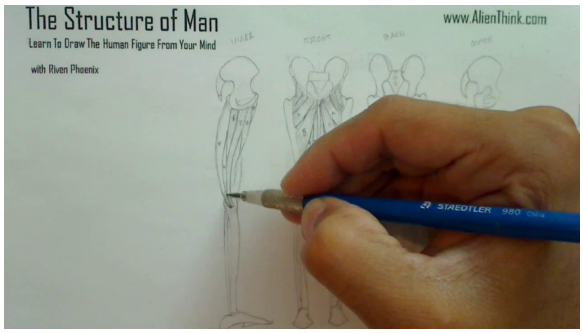
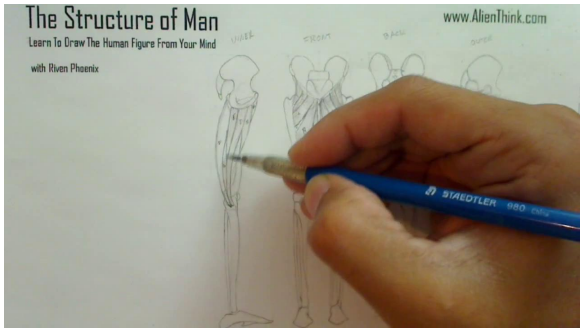
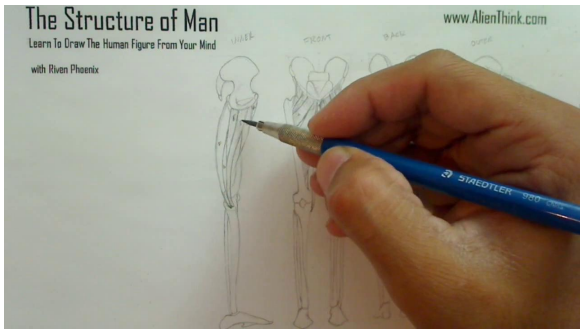
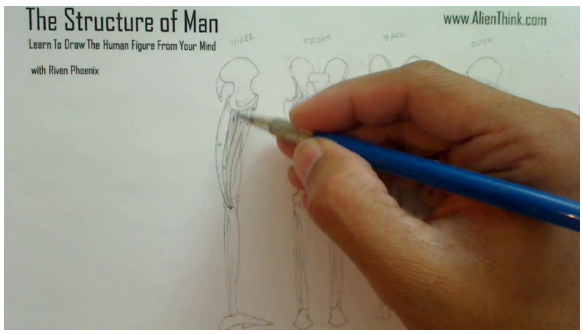
89		wires in the end and connect right over here to the tibia, right?
90		So understand these relationships to what's going on.
91		I got D, I got E, I got G, I got F, then I got A and B, right?
92		Okay, so now we're beginning to grasp this as a concept of what's going on.

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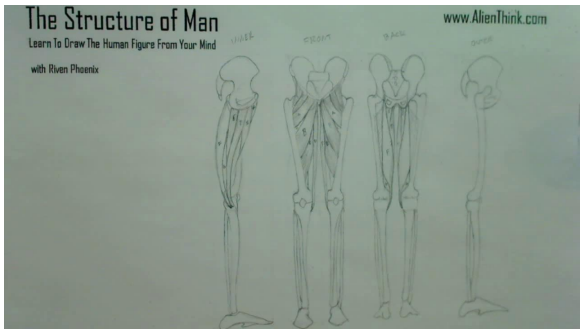
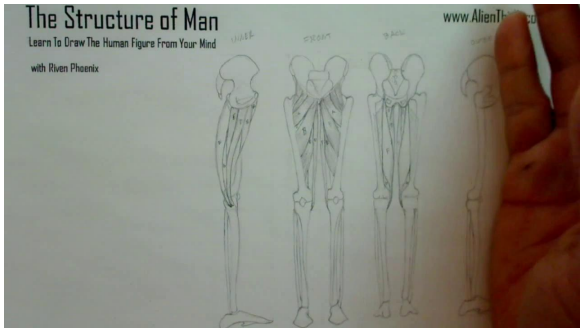
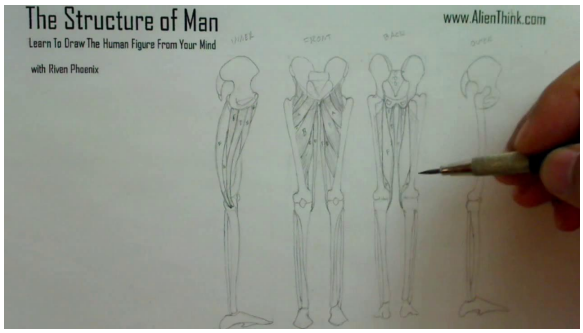
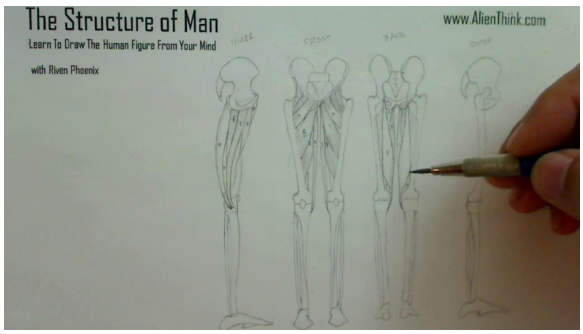
93		So now we're just going to start to look and just wrap this understanding up, we really
94		don't have to look at the outer part right now, right?
95		So we understand what just happened over here.
96		Okay, so now we're going to look at muscle G. So muscle G, we're actually looking at it

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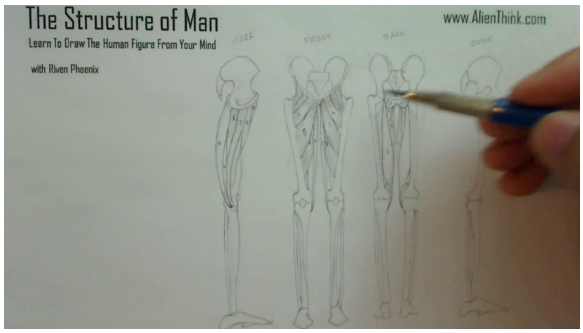
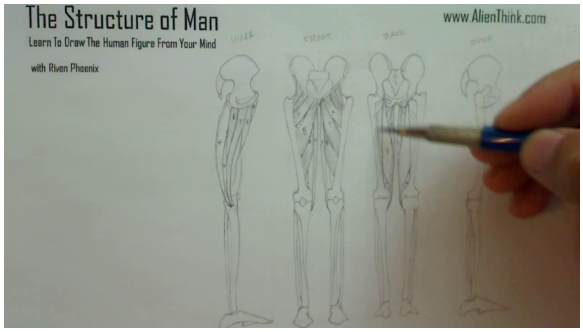
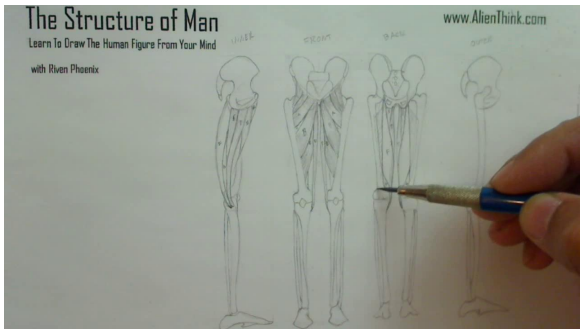
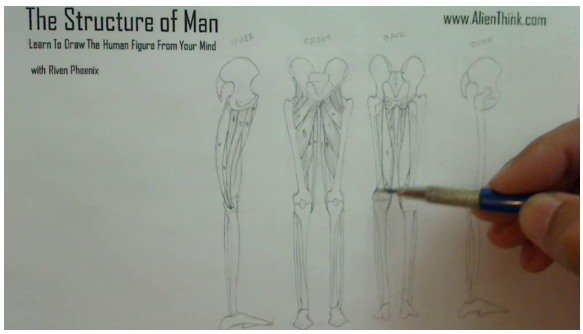
97		from this side, it's better to understand, muscle G is basically going to be doing the
98		same thing like muscle F and over here, see this where this is, he's going to do the
99		same thing and he's going to connect like this over here and he's just going to and he's
100		going to take his wire and he's going to attach to the tibia, right?

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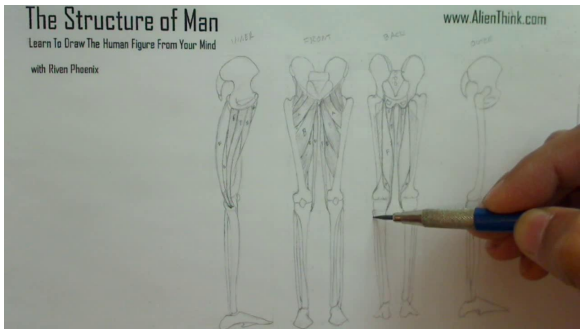
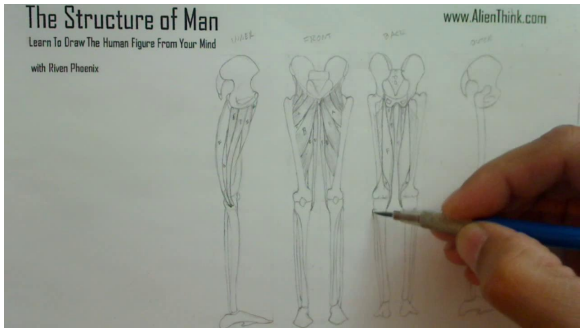
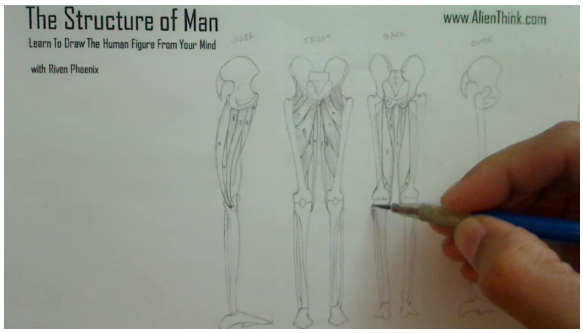
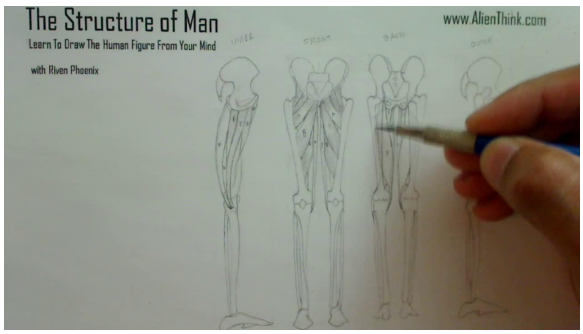
101		So I'm sorry, the fibula, right?
102		So you're going to get the fibula right over here.
103		So he's going to take his wire, he's going to connect just like this.
104		So if I create this muscle out, I'm just going to make him like this over here.

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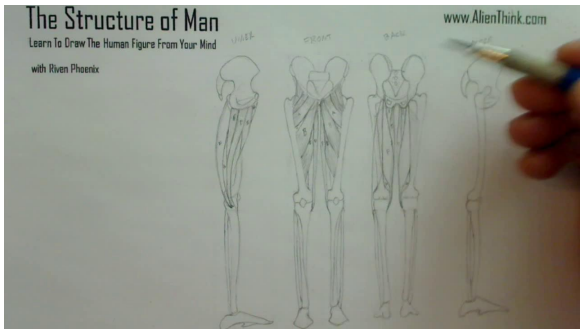
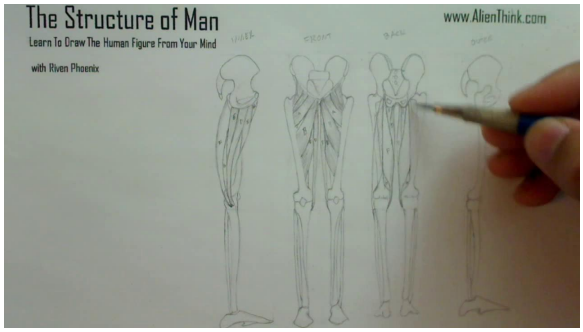
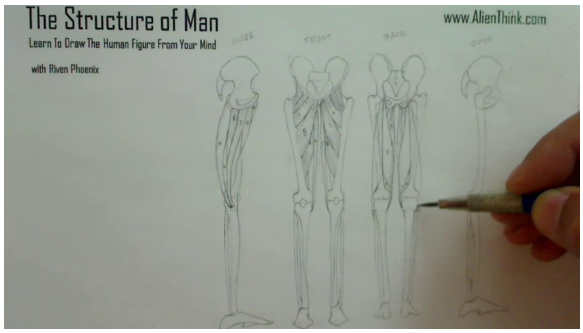
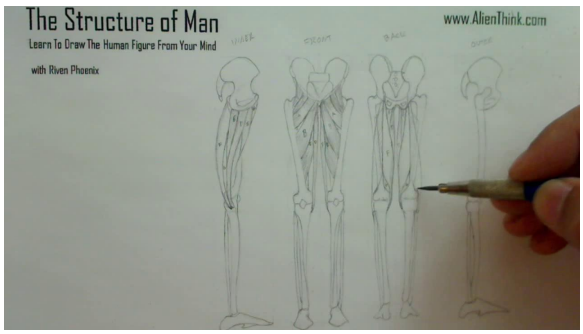
105		Okay, so the same thing on the wrist and in a second.
106		So this one is just going to simply come out like this and he's the guy who's going
107		to connect to the fibula and he's going to just go like this, you see this where this
108		femoris is just going to come like this and these are, this guy is conserved at the

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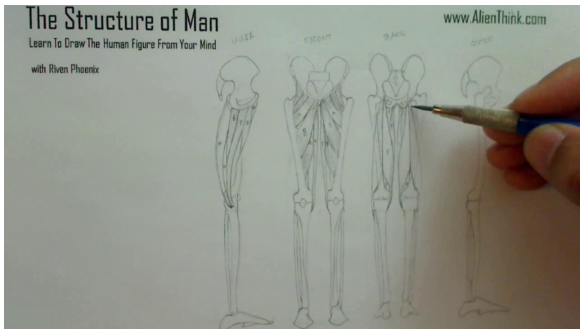
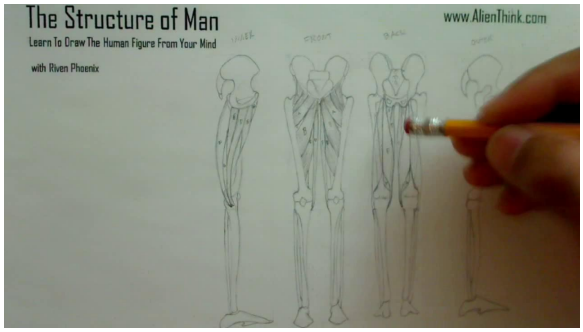
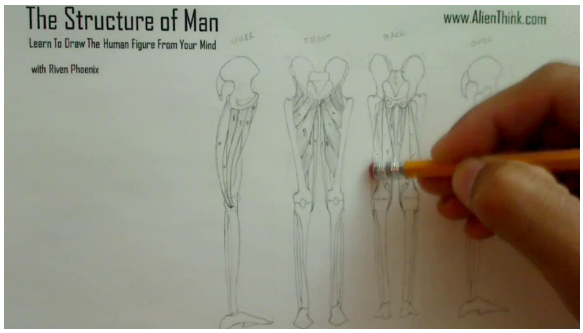
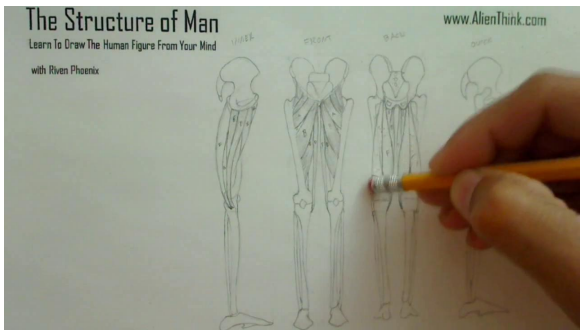
109		bicep of the back of the leg.
110		So here we're going to have to now erase again just some of these lines here.
111		This is what I'm saying, make sure when you're doing this, just keep everything light
112		because we're going to be doing this quite a bit, but we're almost done with the back

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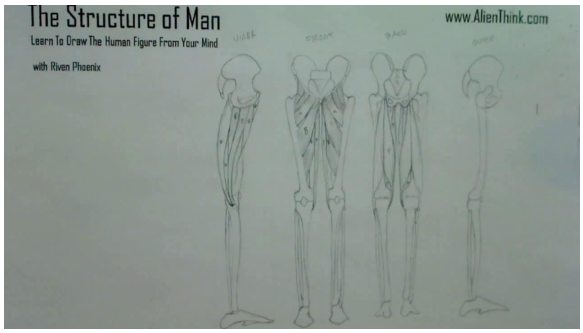
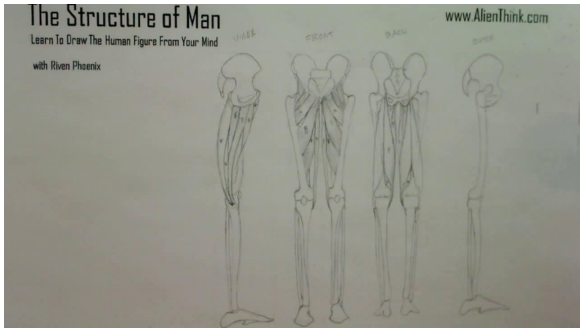
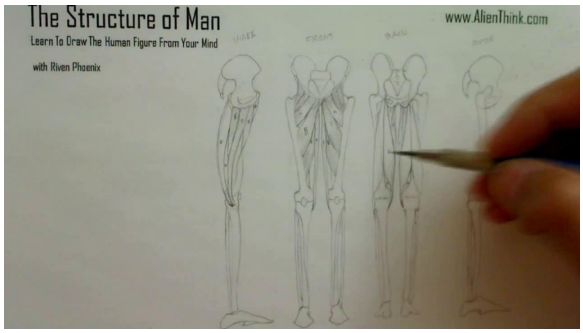
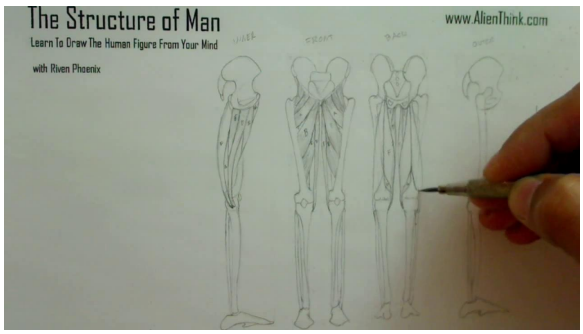
113		now.
114		We don't have to erase anything.
115		These are the last muscles here for the, to, to understanding wrapping up the connection
116		system, right?

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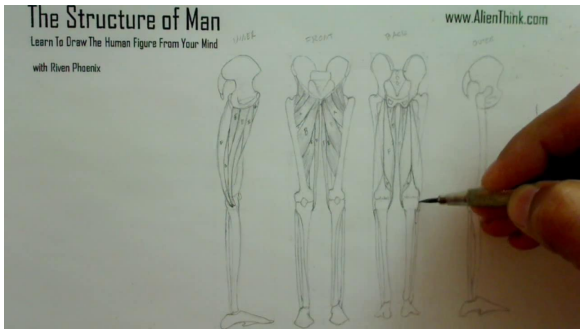
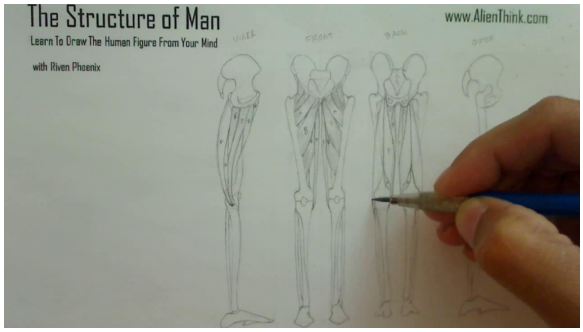
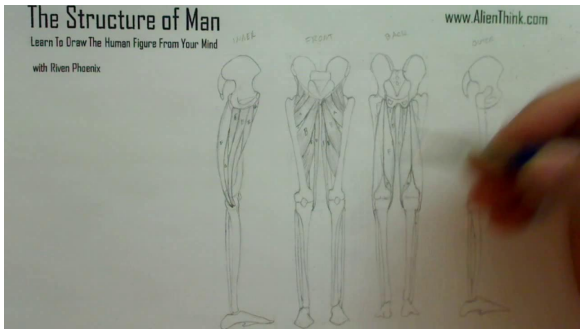
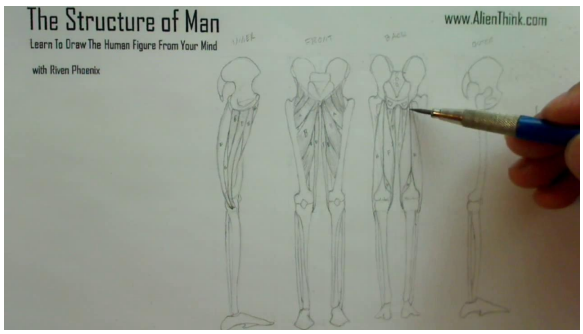
117		So he's going to connect to the fibula over here just like this, right?
118		Okay, so he's just going to be coming down like this.
119		So we're going to call this guy muscle H, okay, and he's muscle H. So H is always on the
120		outer side and we got E over here and D over here, right?

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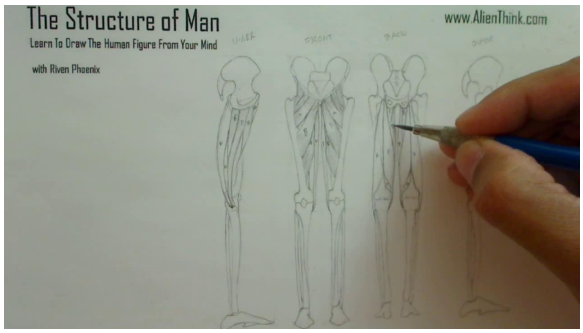
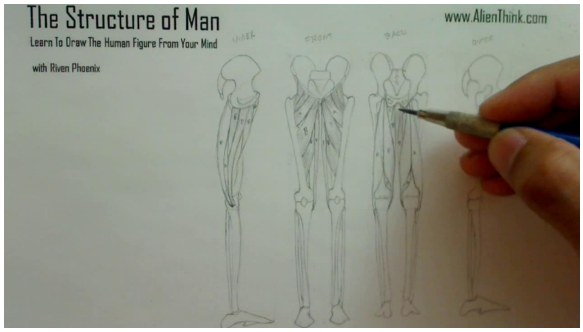
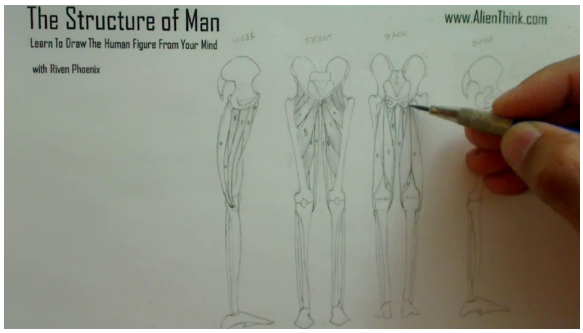
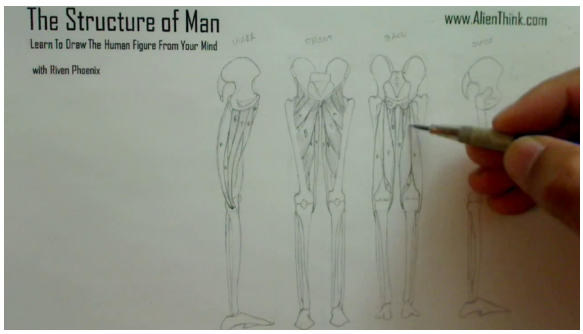
121		D.
122		So here I'm just going to clean up some of these lines now and make sure we understand
123		who was getting exposed over here in the muscle system, right?
124		So we just have to do this very lightly here, very, very lightly, okay, we're beginning

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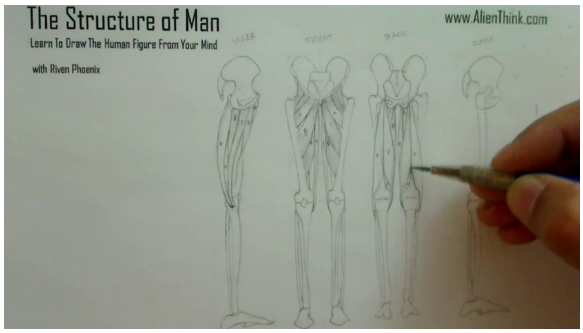
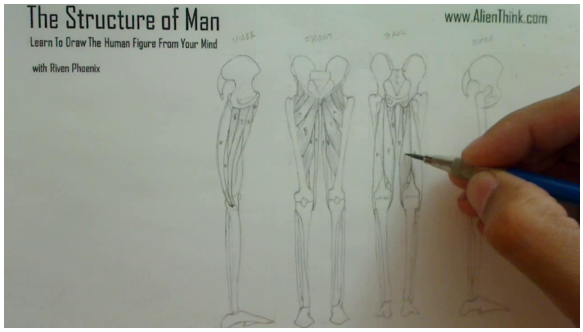
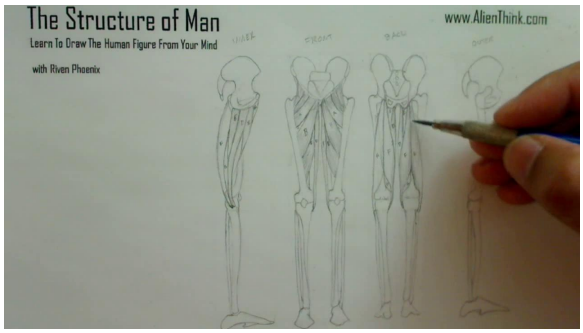
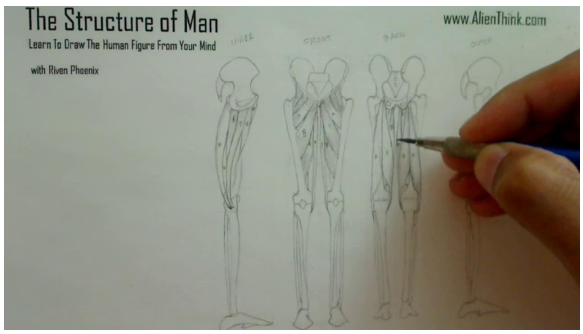
125		to understand that these are two major muscles here, but this muscle, I think this one is supposed
126		to be F over here, muscle H is really considered the bicep of the leg, this is just like this
127		over here, like so, okay, so this one starting to look, now you'll see everything is now starting
128		to come together like a leg, okay, so here I'm just going to put this again in very lightly

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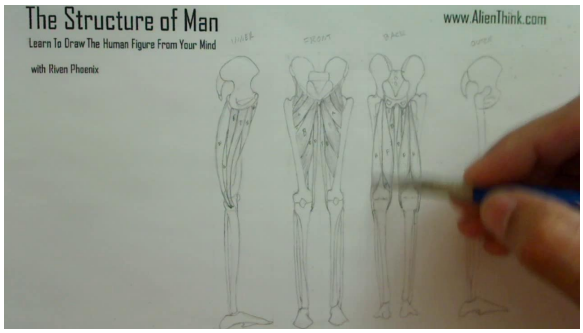
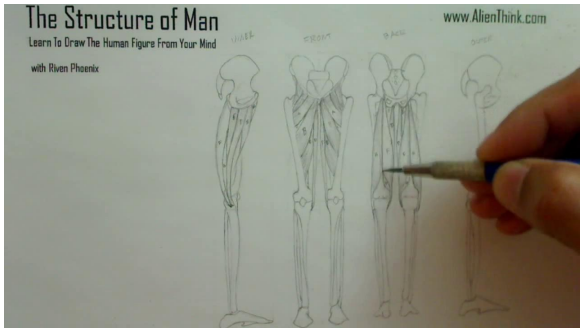
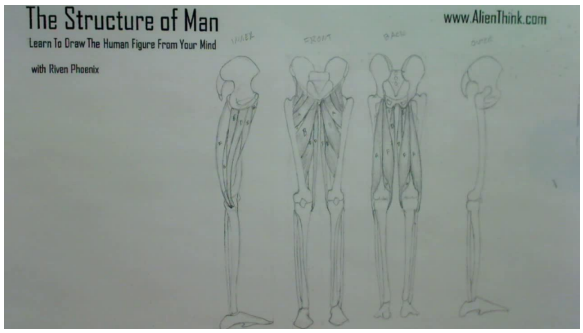
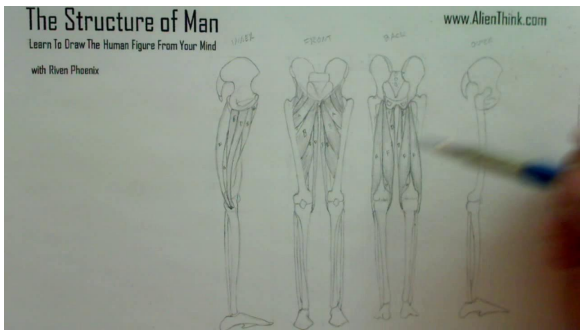
129		over here, just make sure we get all this done over here and then make sure that the wedge
130		is right in between them just like this, okay, so now what we want to do is
131		do this, okay, so I think I'm going to look at the next muscle here in the next lesson
132		because we need more time for this, okay, so I'll see you in the next lesson.

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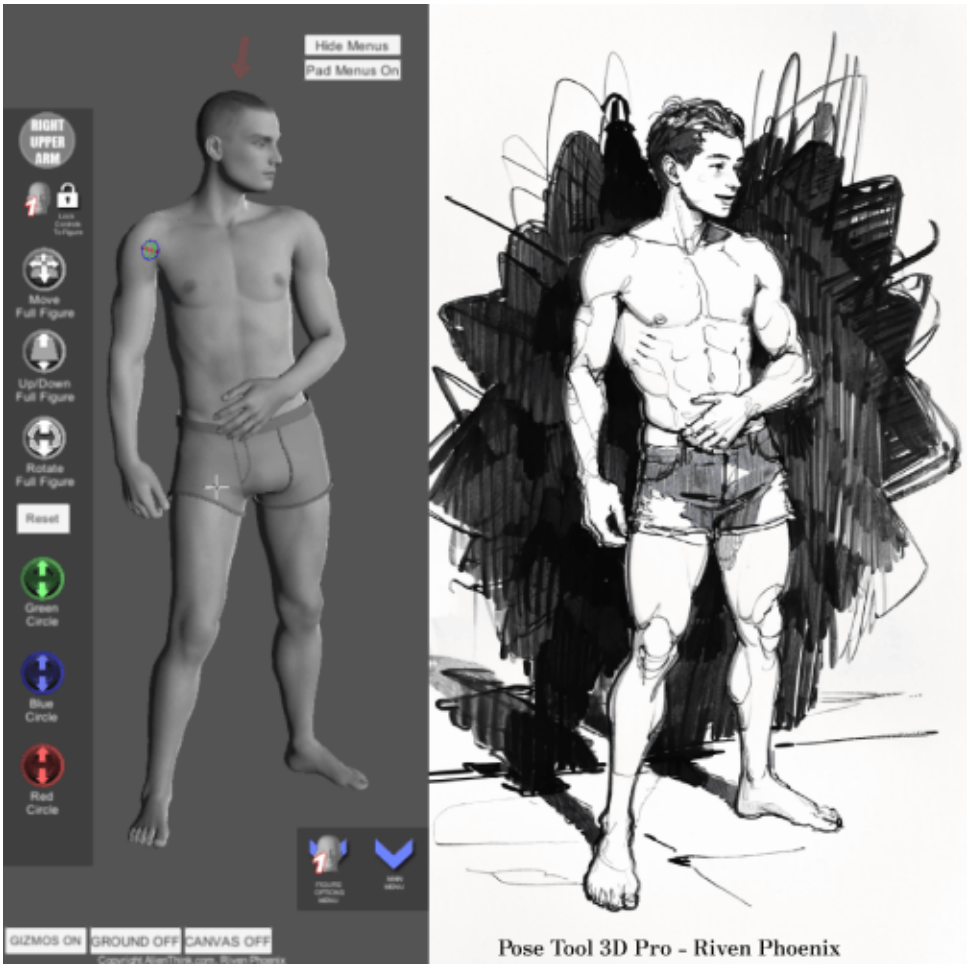

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